



National Nutrient Database for Standard Reference  
Release 28 slightly revised May, 2016

**Full Report (All Nutrients) 09013, Apples, dried, sulfured, stewed, with added sugar**

**Report Date: June 27, 2017 23:00 EDT**

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

**Nitrogen to Protein Conversion Factor:6.25**

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 280g
<b>Proximates</b>					
Water	g	78.76	--	--	220.53
Energy	kcal	83	--	--	232
Energy	kJ	347	--	--	972
Protein	g	0.20	--	--	0.56
Total lipid (fat)	g	0.07	--	--	0.20
Ash	g	0.24	--	--	0.67
Carbohydrate, by difference	g	20.73	--	--	58.04
Fiber, total dietary	g	1.9	--	--	5.3
<b>Minerals</b>					
Calcium, Ca	mg	3	--	--	8
Iron, Fe	mg	0.31	--	--	0.87
Magnesium, Mg	mg	3	--	--	8
Phosphorus, P	mg	8	--	--	22
Potassium, K	mg	98	--	--	274
Sodium, Na	mg	19	--	--	53
Zinc, Zn	mg	0.04	--	--	0.11
Copper, Cu	mg	0.042	--	--	0.118
Manganese, Mn	mg	0.020	--	--	0.056
<b>Vitamins</b>					
Vitamin C, total ascorbic acid	mg	0.9	--	--	2.5
Thiamin	mg	0.006	--	--	0.017
Riboflavin	mg	0.018	--	--	0.050

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 280g
Niacin	mg	0.121	--	--	0.339
Pantothenic acid	mg	0.054	--	--	0.151
Vitamin B-6	mg	0.047	--	--	0.132
Folate, total	µg	0	--	--	0
Folic acid	µg	0	--	--	0
Folate, food	µg	0	--	--	0
Folate, DFE	µg	0	--	--	0
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	1	--	--	3
Retinol	µg	0	--	--	0
Vitamin A, IU	IU	16	--	--	45
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
<b>Lipids</b>					
Fatty acids, total saturated	g	0.011	--	--	0.031
16:0	g	0.009	--	--	0.025
18:0	g	0.001	--	--	0.003
Fatty acids, total monounsaturated	g	0.003	--	--	0.008
18:1 undifferentiated	g	0.003	--	--	0.008
Fatty acids, total polyunsaturated	g	0.020	--	--	0.056
18:2 undifferentiated	g	0.017	--	--	0.048
18:3 undifferentiated	g	0.004	--	--	0.011
Cholesterol	mg	0	--	--	0
<b>Amino Acids</b>					
Tryptophan	g	0.002	--	--	0.006
Threonine	g	0.007	--	--	0.020
Isoleucine	g	0.008	--	--	0.022
Leucine	g	0.012	--	--	0.034
Lysine	g	0.013	--	--	0.036
Methionine	g	0.002	--	--	0.006
Cystine	g	0.003	--	--	0.008
Phenylalanine	g	0.006	--	--	0.017
Tyrosine	g	0.004	--	--	0.011

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 280g
Valine	g	0.009	--	--	0.025
Arginine	g	0.006	--	--	0.017
Histidine	g	0.003	--	--	0.008
Alanine	g	0.007	--	--	0.020
Aspartic acid	g	0.035	--	--	0.098
Glutamic acid	g	0.021	--	--	0.059
Glycine	g	0.008	--	--	0.022
Proline	g	0.007	--	--	0.020
Serine	g	0.008	--	--	0.022
<b>Other</b>					